

Jabatan Kesihatan Negeri Sarawak

Resilience Intervention Techniques for Stress & Anxiety Management

23rd February 2021 | Tuesday | 9.00 – 10.00 am |
via Zoom

Dr Amalia Madihie KB. PA.

Author for Resilient Therapy Intervention from
Counselling Perspective (2015)

Author for Resilience Assessment Tool (RAT-43)
(2018)

Main Aim

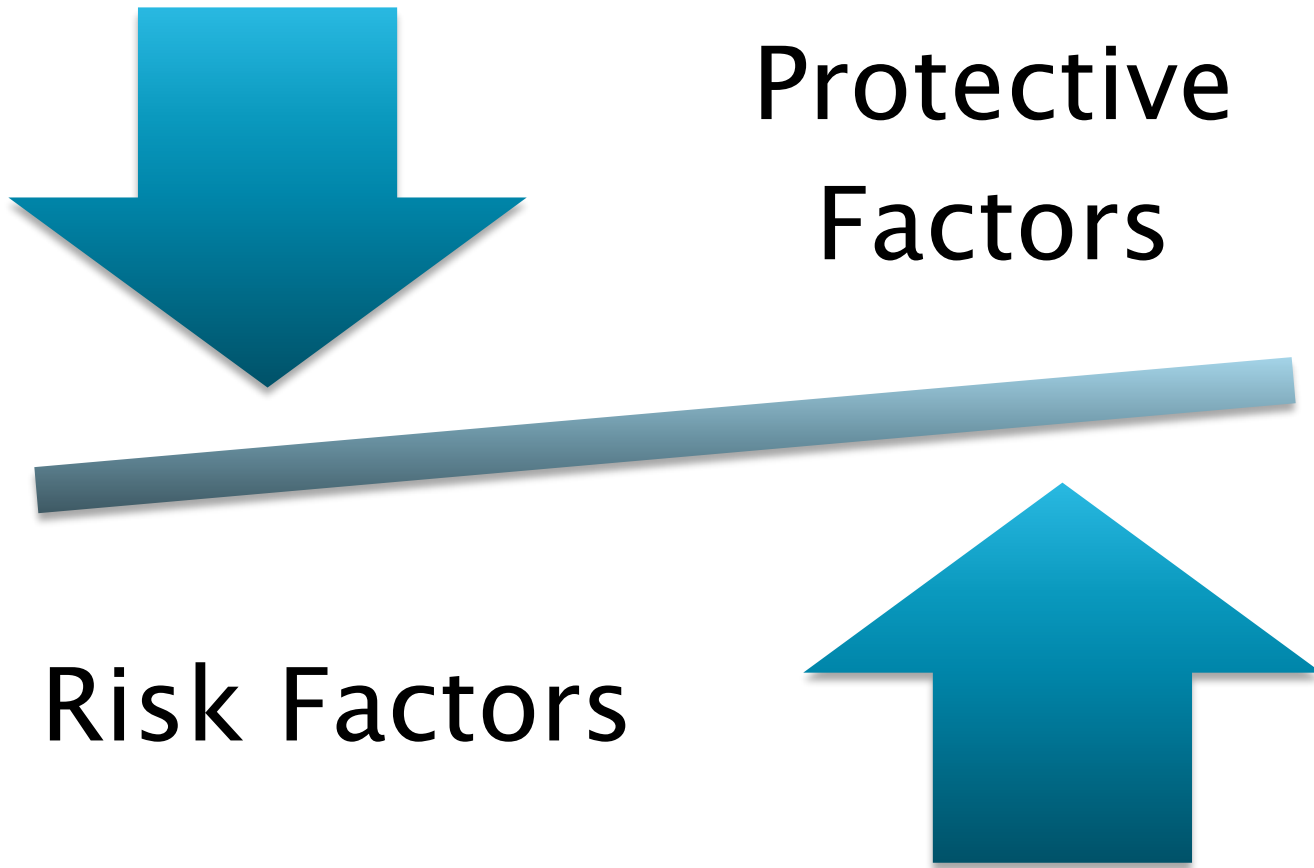
- ▶ Resilience Training to Manage Stress & Anxiety:
 1. Breathing Technique
 2. Resilience Techniques
 3. 7 Tips for Resilience Booster

Resilience Definition

- ▶ **ABILITY** to adapt and adopt, and bounce back after any setbacks, trauma, life threatening, adversity, obstacle, etc



Resilience Factors



Focus on Breathing

“Intervention”



8 Seconds of Breathing Technique: 4 seconds of inhale 4 seconds of pause Release

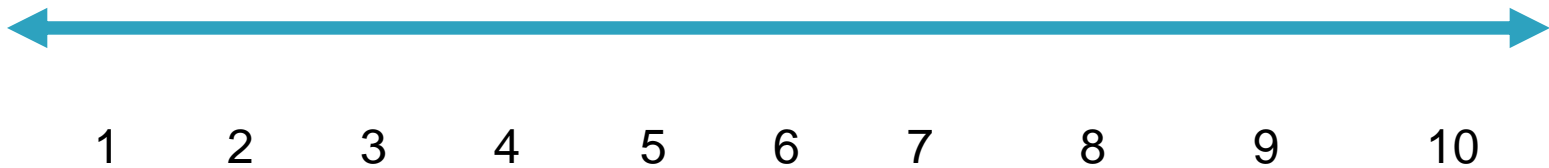
(Amalia Madihie, 13th April 2020 via UNIMASOfficial FB Live)

Sheet #1 : Basics Checklist

No.	Item	Yes	No	Personal Notes
1.	House situation			
2.	Financial situation			
3.	Feeling safe			
4.	Healthy diet			
5.	Exercise & fresh air			
6.	Enough sleep			
7.	Fun (i.e. hobby, play)			
8.	Not being judged			
9.	Transport situation			

Sheet #2: Belonging

Name/Person: _____



Instruction:

1. Write the name or a person
2. On a scale of 1 to 10, 1 is least close and 10 is most close to the person
3. Discuss the relationship pattern, issues, and possibilities to improve the relationship

Sheet #3: Learning

My Short Term Goal(s)



My Long Term Goal(s)



My Achievement(s)



**MY LIFE
UPSKILL &
RESKILL
PLANNING**

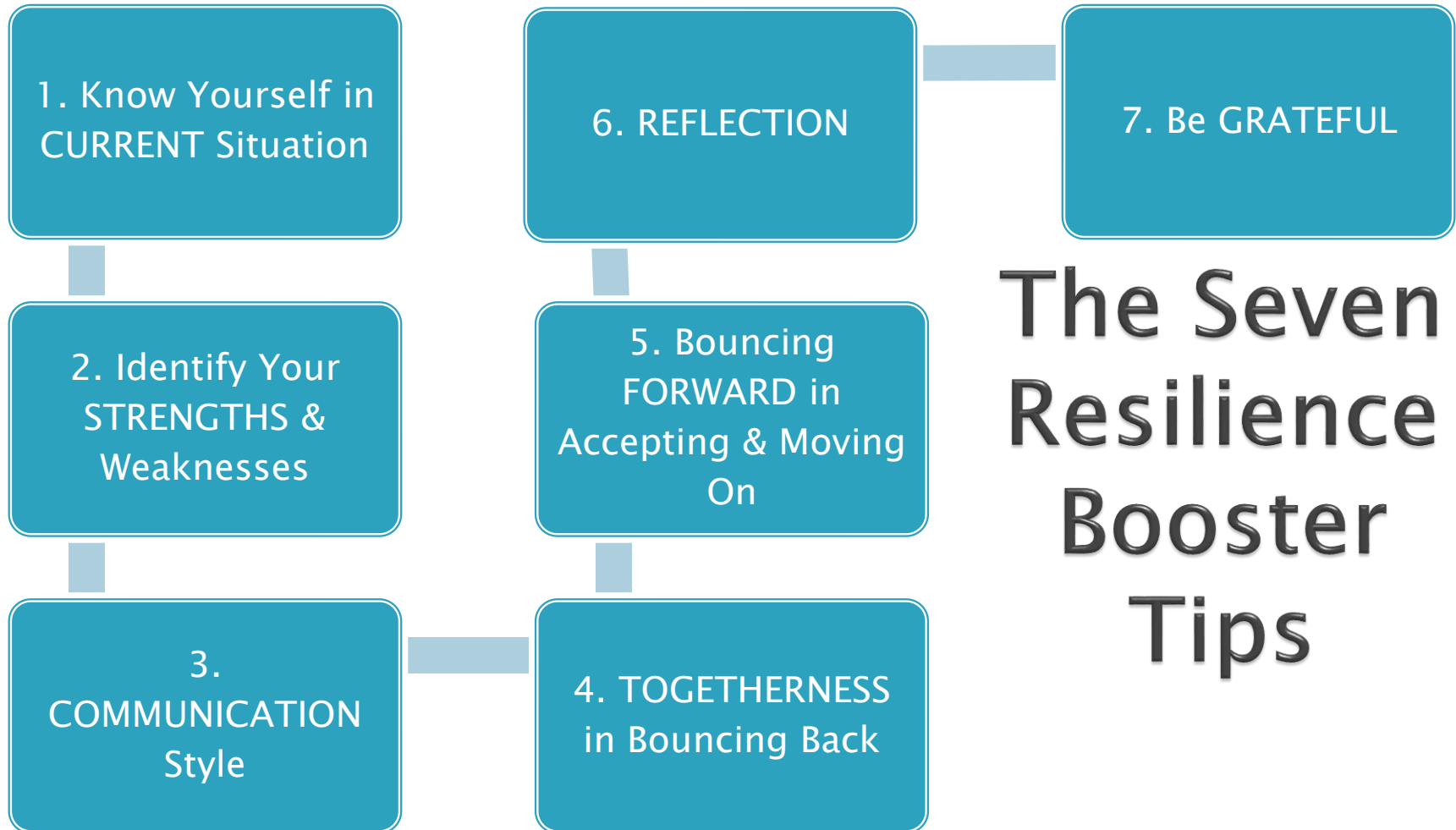
Learn to chill and focus on breathing..



8 Seconds of Breathing Technique: 4 seconds of inhale 4 seconds of pause Release

(Amalia Madihie, 13th April 2020 via UNIMASOfficial FB Live)

Conclusion



The Seven Resilience Booster Tips

Acceptance

Conserving

Commitment

Enlisting

THE NOBLE TRUTHS OF RESILIENCE

Question & Answer

Thank you

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Promotion!

Open Source: Resilience Assessment Tool (RAT-43)

Certification Course : Resilient Therapy Intervention from Counselling
Perspective